

BORNDARA

Bicycle Users Group

Rides Supplement December 2009

Camberwell Downhill Gourmet Bike Riders

Please contact Elva (9836 6392) for information about forthcoming rides.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillssnc.org.au ; www.surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: *Café Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day, unless specified. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).
- We generally meet at **10am** at the 'Place to meet' (see below). Check the timetable to catch a train to arrive before 10am. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.
- If the temperature is 30°C or above on the day, the long rides will be cut short.
- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

Those rides when Janet is not leading, alternative leaders will be listed.

All riders are requested to join COTA. We also recommend that riders join Bicycle Victoria.

Date	Place to meet	Description and distance	Grade
Dec 9 th	Jacana station MEL 6 G12	<i>Southbank via Craigieburn ~ 50km.</i> Moonee Ponds crk, Broadmeadows Valley Park trails and the back streets of Roxborough Park to Craigieburn. Return to city via Hume and Merri crk trails.	Medium
Dec 16 th	Royal Park station Mel 29 E11	Christmas lunch ride to Graduate House, 220 Leicester St., Carlton. Ring Janet to book	Easy

Rides for 2010

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is mostly chosen on the day. The 2nd and 4th Wednesday rides are more challenging, (50-60km).

- We generally meet at **10am** at the 'Place to meet' (see below). A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

Date	Place to meet	Description	Grade
Feb 3 rd	Flinders St. Stat. MEL 2F G6	Short ride – <i>Vanilla slice Ride</i> in reverse! Take the train to Hampton Station and ride back to the city via the Bay Trail.~ 20km.	Easy
Feb 10 th	Flinders St. Stat. MEL 2F G6	<i>Mornington Peninsula Ride</i> – From Murradoo (Stoney Point line) to Frankston via the Bittern Coastal trail, minor roads and bike trails ~ 50km Ride may continue back along the bay trail if interest.	Med
Feb 17 th	Williamstown Stat. MEL 56 E11	Short ride - Williamstown to city, via the coast.~20km.	Easy
Feb 24 th	Diamond Creek Stat. MEL 12 B6	<i>From Diamond Creek Station to the city</i> - via the Aqueduct, Diamond Valley Trail and the Main Yarra Trail. ~ 55km.	Hard
March 3 th	Footbridge in Southbank, MEL 2F F7	Short ride – A Capital City trail circuit with a coffee stop at the Abbotsford Convent.~ 30km.	Easy
March 10 th	Footbridge in Southbank, MEL 2F F7	<i>Ride to Werribee</i> - along the coastal trails and Point Cook National Park. Return to city by train. ~ 50km. Or we may do the reverse depending on wind direction.	Med
March 17 th	Footbridge in Southbank, MEL 2F F7	Short ride – Port Melbourne Rail Trail, Elwood Canal and return to city via Albert Park.~20km.	Easy
March 24 th	Heidelberg Station MEL 31 K4	<i>Ride to Carrum</i> - Ride the Main Yarra Trail, Koonung Creek Trail, EastLink Trail, Dandenong Creek Trails to Carrum. ~60 km. Train return to city.	Med
March 31 st		No ride	

Whitehorse Cyclists Inc

Last updated 26 November 2009

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Thu 03/12 9:30 am	Easy Thursday Ferny Creek	Dandenong Creek Tr, Bayswater, Rail Tr, (M)Ferntree Gully,	30 E	David H 9877 3216 0149 102 268

	Loop	Ferny Creek Tr, Scoresby, Jells Park, Dandenong Creek Tr. All on paths.		
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 06/12 9:30 am	Bayside Path	Port Melbourne Light Rail Trail, Bayside Bike Path (M)St Kilda, (B) Sandringham RS	35 M	Mike W 9509 1290 0488 565 566
Tue 08/12 9:30 am	Easy Tuesday	Westgarth St , St Georges Rd , Preston, (M) Northland SC , Darebin Creek Trail	35 E	Ken R 9753 3140 0438 567 264
Tue 08/12 8:30 am	Hard Tuesday Altona	Capital City Tr, Racecourse Rd, Geelong Rd, Millers Rd, Altona, Williamstown, Docklands, Yarra Tr	92 M/H	John C 0438 566 977
Whitehorse Sports Club of the Year 2009 is us!				
Tue 08/12 7:45 pm	Club Night	Corner Station & Combarton Sts Monthly Meeting	Mike W 9509 1290	
Thu 10/12 9:30 am	Weekday Riders' Christmas Lunch	Ivanhoe, (M) Fairfield , Collingwood BBQ Lunch at Robin R's home Canterbury \$10- \$15/head Note : I f you want be part of the BBQ please advise Robin by email on reidgrec@bigpond.net.au	35 E	Jacques F 9497 2306
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 13/12 9:30 am	Docklands Loop	Camberwell, Richmond , (M)Southbank, Docklands	40 E	Bruce E 9848 4804
Tue 15/12 9:30 am	Easy Tuesday	Southbank, Port Melbourne, Bayside Bike Path (M)St Kilda Pier, Albert Park, Lakeside Path, St Kilda Rd, Main Yarra Trail	30 E	Gill B 9725 5310
Tue 15/12 10:00 am	Hard Tuesday Pakenham	Frankston, Tooradin, Pakenham	70? M/H	John C 0438 566 977
Thu 17/12 9:30 am	Christmas Cultural Fairytale	Inner North-Eastern and Northern Suburbs, Brunswick (shopping at Episode for those last- minute accoutrements), Inner Western Suburbs with seasonal morning tea and lunch along the way	50 E	Mike McK 9816 3386
Thu 17/12 9:15 am	Easy Thursday Kensington	Note Early Start Yarra Trail, Capital City Trail, Moonee Ponds Creek Trail, (M)Kensington,	40 E	Loreto B 9808 1960 0412 289 236

		Royal Park, Main Yarra Trail		
Whitehorse Sports Club of the Year 2009 is us!				
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 20/12 8:30 am	Beat The Heat	Sunday Riders Christmas Bruncher to Brighton East and return Notes: 1. Start Time 08:30 . 2. Must book with Mike/Anna by Dec 13	35 E	Mike McN 9830 4195
Tue 22/12 9:30 am	Easy Tuesday Latrobe University	Main Yarra Trail, Rivergum Walk Path, Rosanna, Macleod, Latrobe University, Darebin Creek Path, (M)Northlands SC, Darebin Creek Path, Ivanhoe, The Boulevard, Wilson Reserve	36 M	Neil M 0419 514 630
Tue 22/12 8:30 am	Hard Tuesday St Andrews	Eltham, Wattle Glen, Warrandyte	70 M/H	Charles L 9723 4523 0431 592 874
Thu 24/12 9:30 am	Christmas Eve Special	(Includes Easy Thursday Riders) Where-ever you like. Because it's Christmas Eve those who turn up can suit themselves. But do have a ride in your back pocket! Bring a Sign-on Sheet.	To suit the group	Selected on the day
Whitehorse Sports Club of the Year 2009 is us!				
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 27/12 9:30 am	Schwerkolts Tour	Mullum Mullum Trail, Ringwood Lake , (M)Heathmont, Dandenong Creek, Abbey Walk, Eastlink Path Short conducted tour of Schwerkolts Cottage site available at conclusion of ride	25 E	George C 9878 0293 0413 882 165
Tue 29/12 9:30 am	Post-Christmas Special	Where-ever you like. Those who turn up can suit themselves. Have a ride in your back pocket! Bring a Sign-on Sheet.	To suit the group	Selected on the day
Tue 29/12 8:30 am	Hard Tuesday Lilydale	Tunstall Sq, (M)Warrandyte, Jumping Creek Rd , (L) Lilydale Lake , Croydon, Dandenong Creek Tr, Mitcham, Eastern Freeway Path	60 M/H	Charlie S 9894 3244
Sun 27/12 09:30am to Wed 30/12	Easy Cycle Camping	A ride to sample cycle camping carrying your	100 E/M	Darby O'T 9878 3589

	Tour Western Port area	tent, toilet, sleeping, cooking and wash-up gear, night attire, dinner and breakfast food. See December Newsletter for details.		
Thu 31/12 9:30 am	Albert Park	(M)Oakleigh, Rosstown Trail, (L)Albert Park, Windsor , Richmond , Burwood	65 M	Peter L 9842 5193
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 03/01 9:30 am	?	?	?	?
Tue 05/01 9:30 am	Easy Tuesday Williamstown Jayco Bay Cycling Classic	Rushall, Royal Park , (M)Kensington, Yarraville, (L)Williamstown Stay and watch the Criteriums (racing round the block-fast and furious) or ride/get on the train home	26 E	Jacques F 9497 2306
Tue 05/01	Hard Tuesday	?	?	?
Thu 07/01 9:45 am	Thursday Western Port Ramble	Coffee and briefing in Marina cafe, 9:45 start riding, (L)Balnarring (BYO or buy there), finish by 2:45. Think about car pooling!	45-55 M	Ken C 5983 1418
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 10/01 9:30 am	?	?	?	?
Tue 12/01 9:30 am	Easy Tuesday	?	?	?
Tue 12/01	Hard Tuesday	?	?	?
Tue 12/01 6:00 pm	Club Night BBQ	Eat, drink and be merry, BYO everything Enter via Standard Av	Mike W 9509 1290	
Thu 14/01 9:30 am	Thursday	Heidelberg , Eltham Loop	55 M	Bob H 9886 6215
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. **Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.**

Note: rides may be varied to suit conditions, eg. if the temperature is forecast to exceed 35 degrees.

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every **Tuesday and Sunday 9.00am**. BYO morning tea. Check program below.

<i>Dec</i>	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Tue 1	<i>Diamond Creek</i> 40 km	Out by Diamond Valley Trail and aqueduct route to Diamond Creek for break. Diamond Valley Trail home.	Maurie A. 0409 1860

Sun 6	<i>Yarran Dheran</i> 42 km	Koonung Trail to end (some H1 and H2) and short streets extension to reserve for break & return.	Graeme V 9435 968
Tue 8	<i>Greenvale Reservoir</i> 75 km.	Ring Road, Moonee Ponds Ck Trail and Broadmeadows Valley Trail to Somerton Rd. Break at Reservoir. Somerton Rd to Mickleham Rd, left at Barrymore Rd and Attwood Ck Trail then pipe track to Erinbank Cres and home by route out.	Alan P/ 9435 942
Sun 13	<i>Kings Domain</i> 45 km	Yarra Trail, north side to Domain and south side return.	Lou B/ 9459 688
Tue 15	<i>Sandridge Beach</i> 50 km	Yarra Trail, City to beach. Return by Lorimer St, Docklands, Royal Park (H1).	Les D/ 9459 270
Tue 15	End-of-year Function – Lower Plenty Hotel - 6:30 pm		
Sun 20	<i>Gardens in Lalor</i> 41 km	Out through Springthorpe (H2 to Waiora Rd), Bundoora Pk, Ring road, Dalton Rd, left at David St and streets west to "City of Whittlesea Public Gardens". Return by Hume Trail, Ring road.	Richard B 9459 864
Tue 22	Festive ride Studley Park.	Combined BUG morning tea/lunch. Bring something yummy to share. Groups ride independently and choose a route aiming to meet at park at about 11:30 am for extended morning tea/lunch. Main Yarra Trail home (12 km).	John G/ 9 3884 0404 834

January 2010

Sun 17	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Tue 19	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Sun 24	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Tue 26	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement
Sun 31	<i>Riders' choice</i>	Rider who suggests is leader, otherwise by agreement

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

Rides are subject to change so

ALWAYS phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Melbourne Bicycle Touring Club

Rides Program

December			
Sat 05 Dec	Op Shops of Brunswick	12km Easy	John
Sun 06 Dec	Castlemaine, Maldon, Newstead, Castlemaine	50km Medium	Peter
Thu 10 Dec	Sean Deany, Cape2Cape		

Sat 12 Dec	TBA	200km Hard	Claire
---------------	-----	------------	--------

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>

DEC							
Date	Ride Description	Bike Type	Distance (Kms)	Grade	Ride Leader	Booking Req'd	Ride Leader Contact
Sat 5	Old Beechy Rail Trail (near Gellibrand)	Any	45	E	Belinda	N	0410 488 228
Sun 6	Old Beechy Rail Trail (near Gellibrand)	Any	45	E	Belinda	N	0410 488 228
Sun 6	Fed Square to Mordialloc	Any		E	Ceinwen-Mary	Y	TBC